

## ABSTRACT OF THE INVENTION

A face mask for a self contained breathing apparatus has two pairs of straps fixed to the frame of the mask, the straps being fixed to a net or woven head piece. The straps at the top of the head piece are fixed with respect to the mask, and the bottom straps are adjustable to tighten the mask against the face of the user. The nose cup has ribs that receive legs of a mounting member for eyeglasses. The eyeglasses include frames, with support arms that are slidably fixable to the mounting member. The mounting member moves towards and away from the eyes of the user, and the support arms move up and down with respect to the nose cup, for full adjustability of the eyeglasses. The nose cup of the face mask is adjustable by either removing a portion at the chin and shortening the mask, or simply removing the portion to allow the user's chin to extend beyond the nose cup while still inside the face seal. The seal for the mask has a single thickness in the forehead area for greater comfort while wearing a helmet, and is smaller at the temples for a tighter seal at the temples where users are frequently smaller.